

HIGH SCHOOL · 35 MIN · V1.1

One Small Exploration Step

A high-school activity for designing a safe, low-pressure, short exploration step that can reduce uncertainty.



This content is an original draft whose PDR expert review is not complete. Evaluate it against your school's guidance principles and the group's needs before using it.

Learning objective

The learner plans one exploration step that can be completed within a week and can create learning without requiring feedback from others.

[MEB / DİSREP](#)

Age suitability

High school, grades 9–12

Materials

One Small Exploration Step worksheet · Pencil and optional colored pencil · General information sources allowed by the school

Activity flow

01 Narrow the curiosity

The learner chooses an area or question and makes it smaller with “What part of this work or field am I curious about?” A real application or definite career decision is not required.

02 Design the step

The worksheet holds one action that can happen within seven days: a short observation, a free introduction, a sample creation, or a general resource review. The action should be safe, accessible, and designed without collecting another person's private information.

03 Capture the learning

At the end, the learner completes “what I learned” and “what is still open.” The result does not have to be positive; stopping, changing direction, or choosing an even smaller step also counts as learning.

Inclusion and adaptations

Participation is optional, and a learner may pass without sharing a plan. The step can be prepared as a drawing, voice note, or short talk; options that require no money, travel, connection, or private person are encouraged, and no name or sensitive data is written.

Wrap-up

A small trial is not a fixed identity or career choice; it is an observation that feeds reflection. This material is a draft awaiting review by a school counseling professional and is not presented as a completed activity.

WORKSHEET

One Small Exploration Step

You do not need to write your name. You do not have to share your answers; you can choose writing, drawing, or speaking.

01 What single small question would you like to ask about a field?

02 How could you approach that question within a week and with low pressure?

03 What will help keep your step safe and accessible?

04 If the result is different from what you expected, what new information will you carry forward?
